



> 14

Playing rough



> 16

Phone security



> 26

Waterfront festival

the newham mag

issue 282 // 30 August – 13 September 2013



**Under the
Stars Special**

Newham comes together to party (p20)



Newham London



YOUNG MAYOR 2013

**YOUR
VOTE
COUNTS.**

www.newham.gov.uk/youngmayor

ym_newham

The Young Mayor and Youth Council represent the views of thousands of young people across the borough.

If you are aged 14-18 and live in Newham you can run for Young Mayor.

Nominations for Young Mayor are open from 5-20 September 2013

To find out more visit
www.newham.gov.uk/youngmayor

contents

30 August 2013 // **issue 282**



It's that time of year when exam results come in (p18). I'm pleased to say that Newham's young people have done really well. I am sure that many will go on to achieve great things in the future.

Our other big story is Newham Under the Stars (p23). We have four pages of photos, so if you couldn't make it you can see just how good it was and if you did, maybe you can spot yourself.

Also in this issue we have the last of the summer's 2012 anniversary events (p6), an offer for the new show at Theatre Royal Stratford East (p5), coming up we have the Waterfront Festival (p26).

Clr Quentin Peppitt
Executive member for children
and young people

To request a large print
version of the Newham Mag
call 020 3373 1517
or email newham.mag@newham.gov.uk

SENIOR PUBLICATIONS OFFICER Anita Ghogul
PUBLICATIONS OFFICER Glenn Crookall
STAFF PHOTOGRAPHER Andrew Dekker
Call the Mag team on **020 3373 1517**

To advertise in the Mag call
Julie Modell on **07920 329 090**

If you do not receive the Newham Mag at home, or know someone who doesn't, please call 020 3373 1517, write to The Newham Mag, West Wing, 4th Floor, Newham Dockside, Dockside Road, London E16 2AL, or email newham.mag@newham.gov.uk

Publication of an advert in the Newham Mag does not constitute endorsement of any goods or services offered.

The Newham Mag is printed on 100% recycled paper by Woodhead Litho Ltd and distributed by Latentec Distribution.

Regulators

- 04 NEWS** – two pages of news from across the borough
- 06 MAYOR'S VIEW** – news from Sir Robin Woke
- 11 CAUGHT ON CAMERA** – see if you recognise anyone
- 14 WORKING LIVES** – I love rock n roll. Jai Bedesha gets her skates on
- 20 UNDER THE STARS SPECIAL** – four pages of pictures from the four days of music
- 29 OUR NEWHAM** – great competitions and community news
- 32 KIDS' CORNER** – poems, pictures and puzzles for our younger readers



16



26



09



14

- 34 WHAT'S ON** – five pages of activities and events for you to try – most of them free

Features

- 09 NATIONAL PARALYMPIC DAY** – the finale of the 2012 anniversary
- 12 SCHOOL'S OUT** – and the results are in
- 16 YOU CAN RING MY BELL** – top tips to avoid phone theft
- 19 PARKING** – changes to how you book your permits
- 25 LUV N STUFF** – Bindi and Manzanor return to Theatre Royal
- 26 BESSIE THE SEASIDE** – boats, bars and barbecues, the Waterfront Festival is back

IN BRIEF //

Man narrowly avoids jailed over Council Tax arrears

A man has been told he would have been jailed for 90 days if he hadn't agreed to pay more than £5,000 in Council Tax arrears.

Newham Council obtained an order at Thames Court committing Nwani Akpan of Castle Point Boundary Road, Plaistow to prison over the failure to pay £3,255. The order was suspended after he agreed to pay the outstanding amount.

Newham Council offers a number of options for residents who are finding it difficult to make payment. Visit www.newham.gov.uk for details.

Waste in the spotlight

Newham Council enforcement officers are investigating fast food takeaways in East Ham for failing to dispose of waste correctly.

It follows complaints from residents about food being dumped and premises failing to use trade waste agreements. To find out more visit www.newham.gov.uk and go to commercial waste and recycling.

Call for foster carers

Teachers, youth leaders, community workers, social workers and other vocational carers are being urged to consider becoming foster carers.

Newham Council's specialist foster care team are looking for people who have professional experience of working with children and young people between the ages of seven and 17 who may consider a career change.

For more information call telephone 0900 6130 363 or 020 3373 0972 and ask for recruitment and development officer Linda Macdonald or email Linda.Macdonald@newham.gov.uk

>>> Central Park flying the flag



The mayor joins the flag award residents, councillors and park staff

East Ham's Central Park has again received a prestigious national award that recognises the valuable service it provides to the community.

A Green Flag has been awarded to the park in High Street South for the seventh year in a row. Judging criteria included having a welcoming atmosphere, a healthy, safe and secure environment, cleanliness and community involvement.

A flag-raising ceremony celebrated the achievement, headed by Mayor Sir Robin Wales, local residents and councillors and Newham Council's Greenspace staff who look after the park.

Sir Robin said: "We thank all those who help to keep Central Park beautiful, safe and tidy. It plays a vital role in the community with opportunities for everyone. It is a place for people to come together, enjoy themselves and keep active. This award celebrates that."

Bus route to serve health centre

Newham Council has persuaded Transport for London to introduce a new bus route to serve a health centre at the heart of Stratford's East Village – the new neighbourhood on the site of the 2012 Athletes Village.

Route 339 will call at Queen Elizabeth Olympic Park from 31 August, including the Sir Ludwig Guttmann Health and Wellbeing Centre at Liberty Bridge Road.

The council had expressed concern to TfL that originally there was no bus link to the centre. The council said: "This is regrettable since we anticipate a significant proportion of those visiting the centre will either have health conditions that affect their mobility, or will be parents accompanied by their children."

Following discussions, TfL has agreed route 339 will now stop near the main entrance with bus stops on either side of Liberty Bridge Road.



Big changes at Olympic Stadium

Work to transform the Olympic Stadium in Stratford's Queen Elizabeth Olympic Park into a year-round multi use venue is now under way.

Newham Council and the London Legacy Development Corporation, who under the E20 Stadium partnership are

landlords of the stadium, have awarded contracts worth more than £57m for a new roof and retractable seating. This will create a multi-sport and events venue ready for Rugby World Cup 2015 and long term tenants West Ham United and UK Athletics.

Newham's chief executive Kim Bromley-Dery, said: "This exciting transformation will generate jobs for our community. Residents will be able to develop their skills while creating a brilliant asset for the area."

"The fact that everyone in Newham will be able to use the new Stadium will bring to reality the commitment we made in the original bid to host the 2012 Games to create a lasting legacy."



Mr Bromley-Dery and Cllr Peppatt at the start of work to transform the stadium.

Dangerous drivers face prison

Dangerous drivers have received direct warnings from Newham Council that they face fines and prison sentences.

Ten vehicle owners in Beckton have been written to saying they could face fines, a prison sentence and have their vehicles impounded if they are caught committing offences in the area. The action is part of wide-ranging operation now under way in partnership with the Metropolitan Police.

Cllr Unnikrish Dasai, executive member for crime and anti-social behaviour, said: "In the Beckton area we have received a large number of complaints from the local community who are being disturbed as far as a mile away due to arguing, exhaust and other noise disrupting their sleep."

"Our partners in the police are also concerned so we are working together to deal with the offenders."

Exams pupils are congratulated

Mayor Sir Robin Wales applauded Newham's young people as they opened the envelopes containing the results of their GCSE examinations.

The Mayor visited East Ham's Rashid School with Councillor Quentin Peppatt, executive member for children and young people, as students received their grades. Sir Robin said: "We have some inspirational students who will go on to do very well. I applaud them all."

Newham's schools overall saw a slight dip in attainment in line with the national trend. In total, 57.7 per cent of students achieved the Government's gold standard of five A* to C GCSEs or equivalent including English and Maths - a 4.3 per cent drop from 2012.

Cllr Peppatt said: "We have had nine successive years of improvement, but the year there has been some uncertainty because of changes to Government policy for marking exams. We will work with schools to improve results."



The Mayor and Cllr Peppatt with Rashid School teacher Rachel McGowan and students.

One community united Under the Stars

Once again we had a packed house for all four of our Under the Stars festival nights, which were absolutely brilliant.

There was something for everyone and 35,000 of you partied in style – as is now a Newham tradition. It was the best of the borough and a great chance for us to all come together as a community to be happy and have a good time.

"It was a great chance for us to all come together as a community to be happy and have a good time."

I'd rather have a welcoming atmosphere in the borough than a climate of fear and suspicion. That's why I have written to Home Secretary Theresa May to ask that she annuls the government's 'Go Home' vans promoting their immigration campaign stay away from Newham.

We take the issue of legal immigration seriously and I am sure most people in Newham will appreciate that too often the victims of illegal immigration are the migrants themselves. That is the reality of people working

for under the minimum wage while living in dangerous houses of multiple occupancy or sheds with beds.

I am proud that 86 per cent of Newham residents say this is a place where people from different backgrounds get on well. This comes from our continued and consistent investment in bringing people together through activities such as Under The Stars, our other community events and council-run English language tuition.

In addition we have made clear our expectations of new arrivals and the importance of fair treatment for all. We have a constructive relationship with the Home Office, the UK Border

Agency, police, HM Revenue & Customs and other agencies, in tackling illegal immigration and related issues. These include enforcement of the national minimum wage, preventing exploitative housing and promoting English language learning as a cornerstone of integration.

It is this kind of constructive action that will make a real difference to the challenges of illegal immigration. We've all worked hard to create a cohesive community and I do not want this put at risk by a carelessly thought out campaign designed by Whitehall to please armchair bigots in the Home Counties.



My Middle Eastern lady just arrived in the Newham a good time



Mayor's view

Students make the exam grade

Our young people have again done themselves proud with students across the borough doing well at GCSE and A-level despite a number of education challenges.

I was impressed by the focused and determined youngsters I met while visiting Ewel Ham's Preshat School and Newham Sixth Form College in Plaistow. I am sure these ambitious and inspirational students will be the business leaders, doctors, film-makers and scientists of the future.

"With one of the youngest populations in the country, we all have a collective responsibility to work hand in hand to ensure our children succeed"

We have high aspirations for our young people. Our teaching staff will continue to help them fulfil their potential and achieve their goals.

Our schools and colleges provide a wide range of activities and learning opportunities that go far and beyond those provided in other boroughs. In addition, the range of subjects taught and the quality of teaching is making a real difference and shaping lives for the better.

With one of the youngest populations in the country, we all have a collective

responsibility to work hand in hand to ensure our children succeed.

We just missed out on a tenth year in a row of sustained improvement at GCSE level. There was a slight dip in overall performance this year, in line with the national trend, because of changes to Government policy for marking exams.

That simply strengthens our resolve to do better and we will continue to do our bit by investing in our innovative Every Newham Child Programme, which aims to give our children the best start in life. The Newham Reading Guarantee which supports children in reading by using phonics has seen

excellent results and is the foundation for our children's future success.

The Every Newham Child Programme gives all our at young people the chance to take part in wider opportunities such as learning a musical instrument or going to the theatre.

These activities help stretch our children and enable them to build their confidence and develop additional "softer" skills which will benefit them from the cradle to the early years of adulthood.

I know that our young people are as talented as anywhere else and we wish them good luck for the future whatever they go on to do next.



with Sir Robin Wales

NEWHAM FIRST MONDAYS

We are offering free professional advice to Newham residents on a range of subjects.

Advice from theatre staff includes...

- Developing your creative ideas
- Writing a business plan
- Organising an event
- Fundraising
- Design & making
- Jobs in theatre and in the arts
- Marketing and press

First Monday of every month, 5pm - 7pm

Starts 2 September
No booking required

NEW!
Call in for
free advice



020 8534 0310

**STRATFORD
EAST**.COM

THEATRE ROYAL
STRATFORD EAST

GERRY RAFFLES SQ. E15 1BN

...a people's theatre

© 2014 Stratford East Theatre Royal. All rights reserved.



ARTS COUNCIL
ENGLAND



@stratfordinewham
stratfordinewham



Chariots of Fire

Paralympians highlight London 2012 legacy

The grand finale to a thrilling summer of celebrations marking the first anniversary of the London 2012 Games takes place on Saturday 7 September as National Paralympic Day comes to Queen Elizabeth Olympic Park with the Liberty Festival.

GB Paralympic stars are taking on the world in the newly re-opened Copper Box arena. Boccia, Table Tennis, Sitting Volleyball and Wheelchair Basketball competitions are all taking place. Although the tickets are free, you have to book in advance and these events are expected to sell out.

If you can't get tickets, you don't have to miss out as there are also Q&A and autograph sessions with Paralympic medalists, plus family-friendly 'have a go' sports to try out.

As part of National Paralympic Day the Liberty Festival is also coming to Queen Elizabeth Olympic Park.

The Liberty Festival is the highest profile

platform for deaf and disabled artists in the UK and is taking place exactly ten years since the first Liberty in Trafalgar Square.

The Liberty Festival will feature

- the World premiere of 'Cube of Curiosity' by acclaimed choreographer Marc Brow and the artist Rachel Gadsden
- the dust 'Two for G' by award-winning Condoco Dance Company
- Andreas Bagley who won BBC One's The Voice and opera singer Denise Leigh
- Miracoco Laminarum, a monumental interactive light sculpture

This year it is composed by writer and actor Mal Fraser and John Kelly, the lead vocalist from Reasons to be Cheerful.

Theatre Royal Stratford East's ground breaking musical about Ian Dury

Newham's Every Child a Musician youngsters will be performing some of the compositions arranged for them by the Royal Philharmonic Orchestra. There will be inclusive sports activities with activeNewham and there will be an exhibition on the future of the Stadium.

We have 25 pairs of tickets to give away to Newham residents for the Boccia, 9-10ern, and Table Tennis, 11am-12noon. To register for tickets or for the latest information visit www.newham.gov.uk/lpd

Attention parents!

Free early education for two-year-olds



Your child may be entitled to up to 15 hours of free early education per week, starting the term after their second birthday, if you receive one of the followings:

- Income Support
- Income based Jobseeker's Allowance
- Income related Employment and Support Allowance
- support under part VI of the Immigration and Asylum Act 1999
- the guarantee element of the State Pension Credit
- Child Tax Credit, provided you are not entitled to Working Tax Credit and have an annual income (as assessed by HM Revenue and Customs) that does not exceed £18,120
- Universal Credit

Children are also eligible if they:

- are looked after by the council
- have a child protection plan.

You will need to provide your name, your date of birth and your National Insurance number.

Find out NOW if you are eligible by contacting the Early Intervention Central Team on **020 3373 0980** or email **twoyearold.childcare@newham.gov.uk**

Please note: you are not eligible if your household is in receipt of Working Tax Credit

Newham Council cleans more than 375km of roads and pavements every week. In all, we spend more than £11m of your money a year clearing streets and picking up litter.

Residents tell us that making the streets of Newham cleaner and smarter is important to them. You can help solve the problem by not dropping litter in the first place.

The simple message is 'bin it'. There is no need to drop litter. If there isn't a litter bin nearby, wait until you get to the nearest one or keep your rubbish until you get home.

Newham Council is determined to keep the streets clean and will take tough action against anyone dropping litter or fly tipping in our community.

The pictures on this page show people who are responsible for dropping litter and other forms of anti-social behaviour. If you recognise anyone please call 020 3373 4479 and quote the reference number beside the picture.

Ensuring your anonymity

Newham Council is committed to tackling crime and anti-social behaviour in partnership with the police and other agencies. If you provide information regarding identities:

- you will not be required to provide your name
- you will not be required to leave your contact details
- you will not have to make a statement.

Also if your street or neighbourhood is untidy or if you find dumps, you don't have to put up with it. To get it cleaned up report it online at www.newham.gov.uk/MyNewham



Ref: Aug12070



Ref: Aug12086



Ref: Aug12090



Ref: Aug12095



Ref: Aug12098



Ref: Aug12097



Ref: Aug12097



Ref: Aug12140



Ref: Aug12099



Ref: Aug12092



Ref: Aug12096



Ref: Aug12032



Ref: Aug12073



Ref: Aug12096



Ref: Aug12097



Ref: Aug12096



Ref: Aug12076



Ref: Aug12027



Ref: Aug12130



Ref: Aug12146



Ref: Aug12066



Ref: Aug12066



Ref: Aug12123



Ref: Aug12048

Please call 020 3373 4479 and quote the reference number by the picture.

CAUGHT ON CAMERA



class of 2013

Newham students
were amongst
thousands across
the country who
recently received
their A-level and
GCSE results.



Amongst them was Ahsan Karakurt, 18, from Lupton Park who has been studying at Newham Sixth Form College in Plaistow for the past two years.

He completed his A-levels at college with a distinction in maths, a B in film studies and a C in graphic design. Ahsan plans to study digital film production as his passion is cinematography. He plans to write and direct his own film. He has been accepted into Ravensbourne University in Greenwich,

which is renowned for its digital media and design courses, covering fashion, television and broadcasting, product design, architecture and environmental design, graphic design and animation. The university is also one of 17 national Skills Media Academies in the country.

He said, "I'm going to study something I've always wanted to do and in five years' time I want to be either producing my own feature film or working my way through TV production."

Gabriela Smyk, also 18, from East Ham, took four A-levels. Her results were an A in biology, an A in chemistry, a B in English and an A in maths.

She will be going on to study medicine at Westminster University. The university has around 40 departments and 60 research centres.

Gabriela said: "You have to be a professional in neuro-pathic medicine. I'm interested in diet and nutrition. I had epilepsy when I was young and I want to find people in a way that has no side-effects. Most people can be treated successfully and by spending more time with patients I'll really be able to make a difference to their lives and have a better understanding of the whole story about their health. You can't do that in ten minutes."



The Newham average pass rate for A-levels this year was 94.8 per cent. The number of students achieving A* and A grades increased from 12.6 per cent in 2012 to 13.5 per cent this year.

Since 2006, Newham has also achieved an 11 percentage point increase in GCSE results. There has been a slight dip this year, in line with the national trend, but almost 50 per cent of the borough's pupils received 5 A* to C grade GCSEs including English and maths.

Newham schools have high aspirations for young people; amongst them is Haxford, a specialist science school in East Ham. The school's GCSE results were in line with the national average at 56.1 per cent.

Two of the school's high achieving students, Iqra Noor Abdul-Khaliq and Mahnoor Akram, talk us about their results and what they want to go on and study next.

Mahnoor obtained six A's and adding English and maths, four As and 2 Bs.

She said: "I'm absolutely ecstatic. I've worked really hard for my results and it has paid off. It's a stepping stone for further success in the future."



"I'd like to study economics at a Russell Group University and I feel that these results will help me to achieve that," says Iqra Noor Abdul-Khaliq, who received nine A* grades including English and maths, biology, chemistry and physics, and one A.

Iqra said: "My results are better than I expected. I'm going to college to take my A-levels in biology, chemistry, history and maths."



"I'm hoping my A-level results will be as good this as I'll really give to study at Cambridge and become a surgeon."

Sara Akram obtained five A's in English, language, maths, history, chemistry, physics and PE. She also obtained two B's in biology and

Spanish and two Bs in drama and French. Sara is planning to attend college to study chemistry, biology and history.

She wants to attend a Russell Group University and hopes to become a doctor in the future.



I Love Rock n Roll

Roller derby is an action packed full-contact sport on roller skates that is growing in popularity across the world. It is being spearheaded from Newham by the London Rockin' Rollers, a women's league with attitude.



Roller derby is a competitive team sport on roller skates played between two teams. Each team is made up of five skaters – a jammer who scores the points and four blockers. The bouts are an hour long and are made up of two-minute rounds known as jams. In each jam the jammer has to break through the pack of blockers, get round the track and then earn points by lapping opposition players.

It is intense, exciting and highly visual. London Rockin' Roller Jill Bedesina, aka Eli Hazard, told us a bit more about the crash bang world of this sport.

How did you get involved?

It came from a conversation with a friend about how when we were little we used to love roller skating. We got some skates and realised that skating is nothing like when you are seven. So we got some lessons and completely fell in love with skating all over again. Then on the internet one day, up popped roller derby. It was a whole new world. We went along to one of the introduction sessions and have never looked back.

How long does it take to train up?

London Rockin' Rollers start with a 12-week 'Fresh Meat' programme for new skaters. You get taught how to skate in derby style, how to fall correctly, stop correctly, and the basics of the rules. You are assessed and if you pass, you are invited to join our recreational league. Later you can try out for the main league.

How tough a sport is it?

It can be quite tough. You have to be prepared to get hit and to fall over. That's why we wear full protection: mouth guard, helmet, wrist pads, elbow pads, knee pads. You have to be ready for a few lumps and bruises, but you can give these back too.

What is your favourite technique?

I'm quite hitty. That would be my technique. I'm not the most graceful player. We've got some girls who are so graceful, it's just lovely to watch them skate. I tend to be more of a powerhouse.

Where can we see it?

Newham Leisure Centre is where all our public bouts are held. It's a fantastic venue. It's got a great floor to skate on and brilliant stands for our crowd to sit in and soak up the atmosphere. Location and transport routes are good, staff are super helpful and the local amenities are a bonus too.

Can you explain the unique culture of roller derby?

It is a sport that encourages everybody to be individual. There tends to be a lot of glitter and make up involved. You personalise your uniform, create a unique look and a derby name which is like an alter ego. I'm Eli Hazard, because I'm not very big and I like to think I'm quite dangerous on the track.

It sounds like a lot of fun?

Yeah, it's the best sport because there's a serious side to it: getting fit, training and tactics, and then there's the after-parties – which London Rockin' Rollers are famous for. All the girls are very close to one another. So many friendships are made through roller derby, it's unbelievable. From a female perspective, to have a sport for girls that is athletic and that you can have a bit of fun with, makes it a pretty perfect sport.

The London Rockin' Rollers are always looking for new members. There are lots of roles: players, referees, non-skating officials, and if you join up you'll quickly find yourself involved in everything from publicity and sponsorship to bout organising and selling merchandise. Visit their website and check out the 'Fresh Meat' section www.londonrockinrollers.co.uk

Their next bout is against Gent at Newham Leisure Centre, 281 Prince Regent Lane, E13, on Saturday 14 September. Tickets are available from their website.

BEATING STREET CRIME

Newham has some of the busiest areas in London, and although incidents of mugging and pick pocketing are already low we want our borough to be even safer.





Newham Council and the police have been proactive in tackling all forms of crime and anti-social behaviour. We have doubled the number of CCTV cameras in the borough. We have implemented dispersal zones to crack down on anti-social behaviour. The council have paid for 46 extra police officers to work alongside our council enforcement officers.

In the last year, across London there has been a 12 per cent rise in theft from the person. Mobile phone theft now accounts for almost 75 per cent of these crimes.

There are a number of sensible things that we can all do to avoid becoming the victim of this kind of crime.

Where do crimes take place?

Thieves frequently operate:

- at Tube stations
- at cash machines
- in car parks
- around bus stations
- in overcrowded areas, especially at rush hour.

Be more vigilant when you are in these areas.

Be aware and keep your possessions safe

- Never leave your bags or other valuables unattended in public places.
- Be discreet with your belongings. Displaying expensive jewellery or electronic devices, like mobile phones, could attract

unwanted attention.

- Don't tempt mobile phone thieves, be aware when making a call.
- If you need to use an ATM machine, try to do so in the daytime rather than at night. Stand as close the machine and cover the keyboard with your free hand so that nobody can see your PIN. When you have withdrawn your cash, put it away immediately. Keep cards and PINs separate.

What to do if your credit cards are stolen

If your cards have been stolen call your bank or credit card company immediately and ask for them to be cancelled. Do not wait until you get home.

Mobile crime

Reduce the risk of mobile phone theft by following these tips:

- think before using your mobile – is it safe to use your mobile?
- don't leave your phone on tables in pubs or restaurants
- don't use your phone when you leave a train or Tube station, wait a while
- don't walk and text at the same time
- keep calls in public places as brief as possible. The longer you talk, the more likely you are to be spotted by a potential thief.

What to do if your phone is stolen

If your phone is stolen report it to your service provider as soon as possible so they can prevent anyone else from using it. Report the theft to police. Finally, if you have insurance, call your provider

and give them the crime number the police will have given you.

Get smart about phone crime

The Metropolitan Police recommends that anyone with an iPhone, iPod Touch, or iPad downloads the free 'Find My iPhone' app from the Apple website. This allows you to remotely lock your device, and can help police track and find your device.

Similar apps are also available for androids and other brands of smart phone.

Even if you don't have an app, three of the networks' Virgin, O2 and Orange, can already immobilise phones if they are given the number, effectively making it useless.

Immobilise

If you love it, register it. This is the simple message from the police. Every mobile phone has an International Mobile Equipment Identity (IMEI). This is a unique 15-17 digit serial number 'you can find yours by typing *#06# into the keypad and the IMEI number will display on the screen.

Smart phone users should register their devices with the Metropolitan Police's Immobilise site. To register visit www.mrpcc.police.uk/immobilise

There are a wide range of other apps recommended by the police, visit www.police.uk/apps



Supporting you to protect your money

Find out how to protect yourself from fraud, scams and financial abuse at this free event

Wednesday 25 September 2013, 1-4.30pm
West Ham United Football Club, Green Street, E13 9BA

Key speakers include:

- **SAFEGUARDING:** Protecting yourself from financial abuse
- **SOLICITORS:** How to protect your money and property
- **POLICE:** Information on scams and frauds
- **CLIENT AFFAIRS:** Protecting your benefits

Full details on the day

Pre-booking essential: to secure your place contact **Thobashnee Naidoo** on 020 3373 6038 or email thobashnee.naidoo@newham.gov.uk



Sound Insulation Scheme

London City Airport
 Get closer

The Airport offers sound insulation to eligible properties within the 57 dB(L_{night}) noise contour and amended sound insulation to properties within the 60 dB(L_{night}) contour. To be eligible, your property needs to be within one of the contours, and most criteria relating to the date planning permission was granted for the construction of your property.



Parking at the click of a button

Newham Council is increasing the range of parking permits that residents are able to apply for online.

From Monday 2 September, residents that live in a residential parking zone (RPZ) will now be able to obtain the following permits through Newham's website:

- > **Resident**
- > **Disabled resident**
- > **Carer**

All you have to do is log on to www.newham.gov.uk/mynewham to order permits, which are then posted to your address.

The system is available round the clock and means you no longer have to visit a customer service centre to apply for a permit.

If you require assistance, computers and scanners are available to use for free at East Ham and Stratford libraries so that you can upload your supporting documents.

Once you have submitted your application with the supporting documents, they will be dealt with by the council's processing team, who will either approve a full or temporary permit, or ask for more information. Your permit

will be sent out by post and you will receive it within ten working days of your application. Residents will no longer be able to apply for a permit by post.

It is a very simple process:

1. Log on or register for an account on My Newham at www.newham.gov.uk/mynewham
2. Select the 'Apply for it' option
3. Select the 'Parking Permits' option
4. Choose the permit you wish to apply for
5. Scan or photograph your supporting paper documents to support your application. To see what documents you need visit www.newham.gov.uk/parkingpermits or see the short guide on the right.
6. Upload the supporting documents online
7. Complete the online form
8. Click submit or make the necessary payment where applicable

Documents you will need

Not each of the different kinds of parking permits you will need a scanned or digital photo image of the following documents listed. If you do not have a scanner you can use one for free at either East Ham or Stratford libraries.

Registered keepers

- UK Vehicle Registration document (V5C or log book)

Non-registered keepers

- lease or hire agreement

Company vehicles

- UK Vehicle Registration Document (V5C/Logbook) or hire/lease agreement
- a letter from your employer on headed paper dated within the last three months

If you have bought a new vehicle – you will need one of the following

- UK Vehicle Registration Supplement (V5C or V5 log book)
- sales receipt or invoice
- certificate of motor insurance

If you have moved address

- you will need one of the following
 - mortgage letter
 - completion letter from landlord
 - tenancy agreement

Disabled resident parking permits

In addition to the above you will need your disabled parking badge number (Blue Badge series number).

Carer parking permits

- you will need one of the following
 - a letter from doctor (GP) dated within three months
 - a letter from a health care specialist dated within three months





Newham Under the Stars



Gardening, jigs, live juggling, bubbles and spectacular fireworks accompanied the sounds of acid jazz, eastern beats, disco and the Royal Philharmonic Orchestra at this year's Under the Stars.

Around 35,000 people flocked to East Ham's Central Park for the 14th year of Newham Council's four night extravaganza of free live music.

From the future talent of children from the council's Every Child a Musician programme to accomplished stars The Real Thing, Imagination, Bonny M, Incognito, The Brand New Heavies, guitarist Cibo Brown, DCS featuring Shm, Tax Stereo Nation, and Juggy D, there was something for everyone.

Mayor Sir Robin Wales: "Some people ask why we spend money on events like this. I say it's important to keep investing in the things residents tell us they like and make a difference to their lives. This year 35,000 people have told us they like it. That's why we will continue to bring the whole of Newham together. And best of all, it was free."

Top Tweets – This is some of what you had to say

Julianne Marriot – The whole crowd is up on its feet and singing along to #OneLove This is how we roll in #Newham

Rebecca Morris – enjoying the concert under the stars a incognito and the brand new heavies a love it a x

Summer Parvira – What a gg DCS just Smashed it

Joshua Lumbury – Absolutely fantastic evening at Under the Stars. Thanks Newham. Janet – another fantastic night in the park! It truly brings the community together!

Ming Evans – Rounding off the weekend with the Royal Philharmonic in a park in East Ham. I love living in Newham

Sonia Segal – a wonderful concert! I loved it!

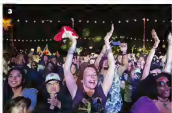
monika – Having an awesome time!

William Street – loved the under the stars on Saturday night thank you for organizing it x



See video highlights from all the nights on our YouTube channel at www.youtube.com/newham

1 Mayor Sir Robin Wales welcomes residents 2 Have a Good Time – our audience doesn't need to be told twice 3 Dawn Joseph of the Brand New Heavies 4 Acid jazzers Incognito tear it up 5 DCS featuring Shm are joined on stage by Juggy D 6 It's Friday night and the weekend's here 7 Burning down the house – Juggling Infamo



Newham Under the Stars



- 1 Amazing Grace – Boney Ma Liz Mitchell gives us a little gospel. 2 I'm Forever Blowing Bubbles by the RPO was a hit. 3 Everyone put your hands in the air. 4 Imagination's Leeze John gets funky. 5 Everyone comes together in East Ham's green and pleasant park. 6 The flags come out for Proms in the Park. 7 Newham's Every Child a Musician performing Summer Stars with the Royal Philharmonic Orchestra. 8 The fireworks go up as the Royal Philharmonic Orchestra play the 633 Squadron as an encore.

Do you live in Newham and want to teach a musical instrument?

The Mayor of Newham offers a ground-breaking programme called Every Child a Musician, which provides free music tuition in schools to children aged nine to 12. As part of the programme, Newham Council is helping talented local musicians to become music tutors through our Local Tutor Training Programme.

- > Can you play an orchestral instrument, the guitar or keyboard to a high standard?
- > Do you want to develop your teaching skills and experience so that you can become a music tutor?

If the answer is yes, then continue reading to find out more about the **FREE** part-time Local Tutor Training Programme which could provide you with a pathway to rewarding employment opportunities such as shadowing tutors in Newham primary schools or participating in a workshop with the world famous Royal Philharmonic Orchestra.

For more information about the course that will run from **September-November** call 020 3073 1331 or email ecam.tutor@newham.gov.uk



Free cycle training Learn to cycle with skill and confidence

If you want to learn to ride a bike or just improve your skills to feel more confident on the road, then there is a cycle training package to suit you.

Training caters for all, from complete beginners to experienced cyclists

If you do not currently own a bicycle you can normally borrow one from the provider of the training (subject to availability)

If you are interested in receiving free training please email cycle.training@newham.gov.uk or call 020 3031 6730.





Bindi and Mansoor are back in a new comedy

A year on from his hugely successful *Wah! Wah! Girls*, award-winning writer Tanika Gupta returns to Theatre Royal Stratford East with a hilarious and uplifting new comedy.

Love N Stuff stars audience favourites Bindi Fatima and Tony Jayawardena, from *Wah! Wah! Girls*. The show runs from Friday 13 September until Saturday 5 October.

This funny, fast-paced and engaging show will see two actors play a breath-taking twenty characters and will have audiences laughing-out loud.

After thirty-five years of a loving marriage, Mansoor has vowed to return to Delhi after tiring of London life. Bindi however is determined to stay put and has assembled a whole host of friends and neighbours in an attempt to convince her husband to change his mind.

Tanika Gupta said: "The great success of *Wah! Wah! Girls* was in part down to the two characters of Bindi and Mansoor. Audiences adored their incoherent and humorous appearances throughout the

musical and often clustered around the stage door after the show to catch a glimpse of the couple. Writing a separate piece for these versatile actors was a total joy and will give audiences another chance to enjoy the fun and laughter of Bindi and Mansoor."

To be in with the chance of winning one of two pairs of tickets to *Love n Stuff* plus copies of the limited edition book of the show signed by the cast, answer the following question: Bindi Fatima and Tony Jayawardena recently starred in which Theatre Royal Stratford East production?

1. *Dangerous Lady*
2. *Wah! Wah! Girls*
3. *Glasgow Girls*

To enter, email your answer, your name, address and phone number to

newham.mag@newham.gov.uk or write to Newham Mag, 1000 Dockside, London E16 2QU by Monday 9 September.

To Book

To book tickets call the Box Office on 020 8534 0316, visit www.stratfordeast.com or book in person at Theatre Royal Stratford East, Gony Raffles Square, E15. Tickets cost £12.50-£15 (£8.50-£10 concessions).

Newham Discount Night: Tuesday 17 September 8pm. £2.50 tickets available for Newham residents who are first-time bookers (proof of address required). Call 020 8534 0310 to book. Offer not available online.



The Newham London **Waterfront Festival**

Experience a different side to the docks with **FREE** live music, water-based activities, the opportunity to explore the Siemens Crystal and don't miss the fireworks finale by the water.





So you think you know the borough? How long has it been since you visited Newham's waterfront?

The area has been transformed over the past few years. The Royal Docks are once again alive with entertainment and places to visit. Don't take our word for it, come along and see for yourself at the Waterfront Festival!

This year's Newham London Waterfront Festival is taking place on Saturday 21 September from 12noon to 8pm at the Royal Victoria Dock, E16 situated just under the Emirates Airline (Royal Victoria OLR). Put the date in your diary and take the opportunity to discover London's newest destination on your doorstep.

Kids stuff

Throughout the day there will be a huge range of FREE children's entertainment including:

- getting knotted – children can learn how to tie knots, their purpose and their uses
- buccaneer adventures and pirate play – make balloon swords and have a washbuckling time
- x marks the spot! treasure map making
- toy boat races – with prizes for the winners
- fishing – in the magnetic fishing pool
- the secret garden – an old sailor will tell of his adventures on the high seas
- interactive pirate adventures – two pirates run amok creating havoc and mayhem in the children's area
- the white cliffs of Dover – scale the dizzy heights of this exciting climbing frame
- hompipes and jigs – learn to dance jigs and reels to jaunty sea shanties
- animal encounters – meet birds and bees!
- flag making and signalling
- games and races
- walk the plank.

The Crystal

Siemens Crystal will be opening its doors to the public and you can visit their sustainability exhibition and café or take part in family friendly activities such as a treasure hunt, an art exhibition, fun children's activities and tasty seaside inspired treats. For further details visit www.thecrystal.org

On the water

If you fancy having a go at some water sports there's lots to try.

- races on rowing machines under a marquee near the Crystal
- sailing

- the Silver Queen – pleasure boat tour
- aqua bells
- lake boats
- bell boats
- powerboats.

Charges apply for some of the activities on the water

Waterfront food

The Oler Bar at WakeUp Docklands has been created by converting a former Royal Navy fuel barge into one of London's coolest bars. With a large, open sun deck, The Oler Bar is a great place to enjoy a drink on a summer's day while watching the watersports. A BBQ will be operating from the dock edge throughout the event.

Entertainment

There's also some superb nautical entertainment for the whole family.

- the Royal Victoria Dock Beach
- strolling entertainers
- historical walking tours.

Fireworks Finale 7.45pm

The Waterfront Festival has a live music programme on the main stage, including headliners – *Flash*, a tribute to Queen. As usual we will end with a bang, as the night is capped with a spectacular fireworks display over the water. This starts at 7.45pm and includes fountains of shells, flares, and colourful starbursts.



For more information see the next *Newham Mag* out on 13 September.
All programming is subject to change.



ROYAL VICTORIA BEACH

ROYAL VICTORIA DOCK, E16
6 JULY - 21 SEPTEMBER

FREE ACTIVITIES EVERY SATURDAY FROM
27 JULY - 21 SEPTEMBER, 12NOON-8PM.

PERFORMANCES • WORKSHOPS • GAMES • STALLS • CRAFTS • MUSIC

FOR MORE INFORMATION AND TO FIND OUT HOW YOU
CAN GET INVOLVED VISIT WWW.NEWHAM.COM/SUMMER

THE **BRICK BOX**

Newham London

Mayor of
Newham



A13 GREEN

BARKING ROAD, CANNING TOWN, E16
26 JULY - 20 SEPTEMBER

THIS SUMMER THE SPACE
UNDERNEATH THE A13 FLYOVER
IN CANNING TOWN WILL BE
TRANSFORMED INTO AN URBAN
VILLAGE GREEN.

FREE ACTIVITIES ON THE GREEN EVERY
FRIDAY EVENING FROM 26 JULY
- 20 SEPTEMBER, 6-10PM.

THEATRE • DANCE • MUSIC • WORKSHOPS
GAMES • CRAFT • INSTALLATIONS

FOR MORE INFORMATION AND TO FIND OUT HOW YOU
CAN GET INVOLVED VISIT WWW.NEWHAM.COM/SUMMER

THE **BRICK BOX**

Newham London

Mayor of
Newham

OUR NEWHAM

Discover some architectural gems

Open House London, the capital's greatest architectural showcase, runs on Saturday 21 and Sunday 22 September.

Open House London celebrates all that is best about the capital's buildings, places and neighbourhoods. Every September, it gives a unique opportunity to get out and under the skin of London's amazing architecture, with more than 700 buildings of all kinds opening their doors to everyone – all for free.

This year in Newham you can visit:

Abbey Mills Pumping Station
Abbey Lane, E15

Canning Town Conservation
Silverdown Way, E16

Cody Dock
116 South Crescent, Canning Town, E16

Dane's Yard & Strand East Tower
130 High Street, E15

East Village London E20
Celebration Avenue, E20

RIT CITY Olympic Fringe Run Tour
Saturday 10am, Hackney Wick (location given on registration), E9

Further beyond the Olympic Park - part 2
Most Saturday and Sunday 2pm, outside House M8, Three Mills Lane, E3

Grassroots
Memorial Park, Memorial Avenue (building just inside park entrance), E15

House Mill
Three Mills Lane, E3

Lee Valley Golf
Most Saturday 10am, outside Stratford Station, E15

Lee Tunnel and Beckton Sludge Power Generator
Beckton Sewage Treatment Works, Jenike Lane, IG11

Lower Lee Boat Tours
Most Three Mills Lane, E3

Old Ford Waste Water Recycling Facility
Dean Road, E3

Queen Elizabeth Olympic Park North - Walking Tour
Most Sunday 11am and 1pm at Timber Lodge, Queen Elizabeth Olympic Park, E20

For full information on Open House 2012 visit www.openhouselondon.org.uk
You can find full listings online or you can order a guide from Open House for £7.50



**Sir Ludwig
Guttmann Health
and Wellbeing Centre**
40 Liberty Grove Road, E20

St Mary Magdalene Church & Nature Reserve
High Street South/Norman Road, E6

St Mary the Virgin Church
Church Road, Lake Road, E17

Stratford Circus
Theatre Square, E15

Stratford Market Depot
Burford Road, E15

Stratford Picture House
Gerry Raffles Square, E15

The Children's Garden Early Years Centre
University of East London Docklands Campus, E16

The Crystal - Siemens Sustainability Centre
One Siemens Brothers Way, Royal Victoria Dock, E16

The Hub
123 Star Lane, Canning Town, E16

The Old Town Hall Stratford
29 The Broadway, E15

Timber Lodge and Tumbling Bay Playground
Queen Elizabeth Olympic Park, E20

Vermilion
Baking Road, Canning Town, E16

Wild Kingdom
Three Mills Green, Three Mills Lane, E3



Give blood

An appeal has been made to find more blood donors in Newham.

Award winning borough blood donor champion, Abdul Malik, is urging residents to give blood. He says, "Anyone aged between 17 and 60, who weighs more than 50kg (110lb) and is in good health could potentially start saving lives by becoming a blood donor."

To become a blood donor is really easy. To check if you meet the criteria visit www.blood.co.uk/councils or call 0300 123 23 23.

The next blood donation session in Newham is: Tuesday 3 September, 1-3pm and 4.30-7.30pm. West Ham United Hotel, Boleyn Ground, Green Street, Upton Park, E13.



Join a reading or writing course

These courses on reading and writing are being launched by Newham Libraries this September.

Find out about world literature: from Chinua Achebe's *Things Fall Apart* to Gabriel Garcia Marquez's *Love In The Time Of Cholera* at Stratford Library, The Grove E15 on Sunday 15 September from 2-4pm.

A ten week introductory course on writing for fun will open the world of creative writing to you. It is ideal for people who have never done a creative writing course before. The course at the Hopkins Room, Stratford Library, starts Friday 13 September and runs from 1-3pm.

If you have already done an introductory course and know what you want to write there is an intermediate writing for fun course that will give you essential storytelling tools such as character, structure and dialogue. The course at Woodgrange Learning Centre runs from Wednesday 11 September 5-6pm.

The courses cost £30 (£10 concession). For further information on how to enrol call 020 5221 3756 or email newham.kumar@newham.gov.uk

Cultural exchange

A group of 40 young people, half from seven boroughs in London and half from Newham, will participate in a cultural exchange funded by the British Council.

14 youngsters from Newham Woodcraft Folk and 10 dance at Lovers spent two weeks together exploring cultural similarities and differences, developing better understanding by participating in a programme of artistic, cultural and fun activities.

They also created a film on their experiences of being 'light-skinned citizens' and the issues they, as young people, face. The film was shown at Stratford Circus - and you can see it at http://youtube.com/10wy1x8x_g0

For more information about the Woodcraft Folk visit www.woodcraftfolk.org.uk or www.newhamwoodcraft.org.uk for your local branch.



Books are my bag

Books can give you joy for throughout your life and 'Books are my bag' is a nationwide campaign to celebrate bookshops.

All over the country there will be a Big Bookshop Party on Saturday 14 September. Locally this is at the Newham Bookshop, 747 Barking Road, E13.

At 12 noon authors Duncan Barrett, Nuala Calves, and Barbara Nadel will be signing books and until 2pm there will be a 20 per cent discount on everything in store. Everyone that comes gets a free tote bag.

On the road

Enjoy a film night themed around journeys about the River Princess book at Cody Dock.

The screening will feature short films, documentaries and animations.

It takes place on Saturday 14 September. Doors open at 7pm and the films start at 8pm. Tickets are £2 (incl. pop).

The River Princess Film Festival is at the River Princess Cody Dock, E16. (Please see back page) 02013 945 057.



Try tai chi

Residents are invited to try tai chi sessions that are suitable for all and no experience is required. They start from 19 September and are on Thursday mornings from 10.30am until 12noon.

The first lesson is free and then it is £2 per session. Sessions take place at the Royal Dock Learning and Activity Centre, Albert Road, E16 (King George V DLR station or buses 474, 473 and 573). For more information call Gary Ewer on 020 7476 9922.



Film makers of the future

Young people from Newham have won the Brighton Youth Film Festival (BYFF) for their short horror comedy SCALLES.

The young people from Barkingham Primary School worked with The West Ham United Inspire Learning Centre, and West Ham United Football Club supported the project by allowing scenes to be shot around the stadium.

You can see the film at:

www.firstlightonline.co.uk/movies/scalles

WHU Inspire Learning Centre Manager, Rita Tannenho, said: "We are very proud of this achievement. The BYFF Trophy will be on display at Barkingham Primary school throughout Autumn Term 2013 after which it will be returned to WHU Inspire Learning Centre."

The film making course is available to Newham schools. Call Rita on 020 6556 0555 or email

rita.tannenho@newhaminspire.org.uk

Bag a Bargain

You can find baby equipment, maternity clothes, baby and children's clothes (up to 5 years), toys and books at the newly new sale at Carpenters and Dockland Centre, 98 Gabbins Road, E15.

The sale takes place on Saturday 28 September from 11am to 12.30pm and admission is just £1 (which goes to charity).

If you have stuff to sell and want to be a seller at the newly new sale email Coles at newhamns@yahoo.co.uk. For more information visit www.ncl.org.uk/nra

Kids' Corner

PLEASE SEND YOUR DRAWINGS,
JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.magg@newham.gov.uk

Don't forget to write your name, age, address and daytime
contact telephone number on the back of your entry.

GALLERY



Scather Perennethan, 7



Clia Jen-Baptiste, 6

Winner



Yasmin, 10



Zarin Islam, 5

Win free membership at Stratford Picturehouse

The issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films.

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2GU**. Don't forget to write your full name, age, address and daytime contact telephone number on the back of your entry. **Good luck!** Visit www.picturehouses.co.uk to see what's on.



Jokes

What do you call a fake noodle?

An **impasta**.

What do you call an alligator in a vest?

An **investi-gator**.

What's the difference between a gutter and a fish?

You can't turn fish.

Netta Uddin, 8

Colour-me-in Wordfit

3 letters

CAT
ICE
UD
NUN
NUE
TOP
USA

4 letters

ARID
CAMP
CURE
DUAL
IDEA
KOTA
OMIT
PINT
PLOT
SURE
TERM
WEEK
YETI



WHAT'S ON?

30 AUG
- 13 SEP

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN

OUR THRILLING THREE...

Blackbeek Connects is a series of free discussions celebrating the opening of University Square. Blackbeek is now Stafford home.

1

East London - a creative business.

Wednesday 11 September, 6.30-8.30pm, Stratford Picturehouse, E15. To book call 0871 922 5740.

2

East London - real and imagined.

Wednesday 19 September, 6.30-8.30pm, Stratford Circus, E15. To book call 0944 357 9035.

3

East London - is it for you? Monday 23

September, 6.30-8.30pm, Theatre Royal Stratford East, E15. To book call 020 8534 0310.

MENTION THE MAG...

East Ham's Red Door Studios are giving a free for the price of one offer to users of the Newham Mag at their upcoming one day poetry and performance workshop. All you have to do is mention the Newham Mag when buying tickets for Gemma Moscone's workshop 'The Art of Losing love'.

Held to 'Madder' on Saturday 14 September and you and a friend can get in for £10. Not only this, but you'll get a free cupcake too each. Red Door Studios is on Molesworth Road, at the top of 120 High Street South, East Ham, E6 0BW. For more information call 02016 376 540, email reddoorstudios@gmail.com or visit www.reddoorstudios.co.uk



TRY SOMETHING NEW... CYCLING

With the Cycle Superhighway coming to Newham, there's never been a better time to take up cycling. Newham Council is organising free courses for new cyclists.

- Commuter cycle training - beginner, intermediate and advanced - to help you improve your cycling skills and build confidence on the roads. Group sessions run on Saturdays, 9.30-11.30am and 12noon-2pm, from Newham Dockside. To book these or a one to one session email cycletraining@newham.gov.uk
- Cycle safety checks - a qualified mechanic will check bikes to ensure road worthiness. The next cycle safety check will be at Stratford Station on Thursday 5 September, 4-7pm, check the web page below for information and further dates.

For further information on training, safety checks, and more visit www.newham.gov.uk/cycling or contact cycletraining@newham.gov.uk

© 2012 Newham Council
All rights reserved.



Indicates free sessions

ARTS AND ENTERTAINMENT

Comedy Night

Comedian every Mon, 8pm
Theatre Royal, Gerry Raffles
Square, E15. Visit
www.stratfordcouncil.com/comedy-night

COMMUNITY LEARNING

Go it Online

Basic computer sessions at
local libraries. You must book
in advance.
Tue: 2-4pm, Plaistow
Wed: 2-4pm, Stratford
Thurs: 10am-12noon
Canning Town, The Gate
and Manor Park
Fri: 2-4pm, East Ham

Knit & Natter

Craft group for adults,
at local libraries.
Fri: 10am-12noon, Canning Town
Wed: 10am-12noon, Dockland

Basic Numeracy (19yrs)

Mon-Thurs, 10am-5pm and
Fri, 10am-1pm, Jack Cornwell
Community Centre, Jack
Cornwell Street, E12. Call
07943 887 612 or
07507 173 272

UNDER-FIVES LIBRARY ACTIVITIES

Imaginative Play

Fri, 11am-12noon, East Ham

Interactive storytelling

Fri 10-11.30am, East Ham

Creepy Tales Club

Mon, 11am-12noon, Dockland
Globe North Woodwich
Tue, 11am-12noon
Custom House, Stratford
The Gate

Thurs, 10.30-11.30am, Canning Town
Frid: 2.30pm North Woolwich
Fri, 10.30-11.30am East Ham,
11am-12noon Stratford,
Green Street and Manor Park

Toy Library

Tues, 10am-12noon
East Ham

Storytelling

Mon 11am-12noon Beckton
Globe Canning Town, Stratford
Tues 11am-12noon, Custom
House, Forest Gate
Thurs 2-3pm North Woolwich,
Plastow
Fri 11am-12noon, Green
Street, Manor Park, Stratford

Homework Club

Mon, 4-6pm Stratford East
Ham North Woolwich
Wed 3.30-5.30pm, Green
Street, Manor Park
Thurs 4-6pm Custom House
Forest Gate, Plastow
Fri, 3.30-5.30pm, Beckton,
Canning Town

ADULT LIBRARY ACTIVITIES



All sessions take place at
local libraries.

Adult Reading Groups

Thurs 9 Sept, 6.45-7.45pm,
Stratford This month it's *Life
after Life* by Kate Atkinson
Mon 6 Sept, 6.30-7.30pm,
Stratford This month
Headbreak Hotel by Deborah
Moggach

Over-50s Club

Thurs, 10am-12noon,
Beckton Globe



Hub Art Classes

From 12 Sept
7.15pm - Thurs 4-6pm
Adults - Thurs 2-4pm
The Hub, 123 Silver Lane, E15
Call 020 7473 5249

GENERAL LIBRARY ACTIVITIES



Chess Club

Learn and play chess for free
at your local library
Thurs, 5.30-7.30pm, Stratford

EXTRA ACTIVITIES



LOST Community Group

For 30+ yrs Snacks and
refreshments provided
Every third Tues of each month
4-6pm Community Resource
Centre, 200 Chargeable Lane
E13 Call 020 7233 0447

Royal Docks Learning & Activity Centre

Man Employment Support
sessions by appointment only
Tues, Bingo 10am-12noon
Healthy Cooking Group,
10am-12noon

Parent and toddler group, free,
10am-12noon
Over 50s Computer classes
11am-1pm

Weeks Mother and Toddlers
group, free, 9.30-11am
Coffee Morning free 9.30-11am
Learn to Earn - Employment
Support Drop-in free,
10am-2pm
Sewing Classes 10am-12noon

Thurs, 10am-12noon
10.30am-12noon
Royal Docks Learning &
Activity Centre, Albert Road,
North Woolwich, E16
Call 020 7476 0222

Dirty Hands Project

Grow your own fruit and veg
Open to all. First Sat of each
month, 10am-3pm, Waldbro
Grove, Jappesale Plastow
Station E13. Visit
www.dirtyhandsproject.org.uk or
dirtyhandsproject@gmail.com
or call 07961 674 210



Table Top Sale

Sell your goods and keep your
profits. £5 a table - open to all
Last Sat of every month 9am-
2pm Jack Cornwall Community
Centre Jack Cornwall Street
E12 Call 020 8553 3459

Turn up and trade

Free pitches available for
traders Every Sat, 8am-
4pm, Rathbone Market,
Barking Road, E16 Email
saturdayinfo@gmail.com or
grains.donow@newham.gov.uk
or call 07790 945 965

Drama Classes (8-11yrs)

From 3 Sept, £3 if you book
five classes Every Tuesday
4.30-6pm The Hub, 123 Silver
Lane call 020 7474 6378

The Courtyard Gallery

14 Sept 12 Oct
Saturdays, 11am-1pm
The Hub, 123 Silver Lane, E15
Call 0207473 5219

BOXING AND SELF DEFENCE



Boxing

Weeks 7pm
West Ham ABC - community
boxing, 11 15yrs
Olympic style amateur
boxing sessions Hatheway
Community Centre
Hatheway Crescent, E12
Mon, Wed, Fri, 5-6pm
West Ham Boys ABC 8yrs,
boys and girls
The Black Lion 59-61 High
Street, E13 Call 020-8472 3614

Mon, Wed, 6-8pm
Pawcock ABC 8yrs,
boys and girls
Caxton Street North, E18
Call 020 7517 3759
Mon, Wed, Fri, 6-7.45pm
Newham Boys ABC
8yrs boys only
Old Bath House, 141 Church
Street, E15 Call 020 8519 5959
Fight For Peace 11+
boys and girls
Woodman Street North
Woolwich, E15
Call 020 7474 0054

Gunnbus Kids Gloves

Boxing for adults and kids with
Tony Casey
Tues, 6-10pm
Thurs, 8pm-12am
Sat and Sun 11am-4pm
Tud TKD Boxing Gym, Gillian
House, Stephenson Street, E16
Call 020 7474 3159

Punch Guf (14+yrs)

Tues, 5-6pm Katherine Road
Community Centre, 254
Katherine Road, E7
Thurs, 8-9pm boxing fitness
workout, Beckton Community
Centre, East Ham Manor
Way, E8 Email
gracie@newham.gov.uk

Shojuin Karate

Fri, 6-7pm and 7-8pm
Sun, 10-11am Sessions for
beginners Under 15s £4
18+yrs £8 cones £5
Newham Shogun Karate Club
Newham Leisure Centre,
Pincoo Rigant Lane, E13
Call 07908 070 638



Doeklands Karate Club

Mon 6-8-8:30pm, Under 15s
£4 18+ £8, concessions £5
first session free
UCL Sports Dock, Doeklands
Campus, E18
Call 07782 885 889

Tang Soo Do

Sat, 7-8:30pm and Tues 7-8:
8:30pm (juniors at least 15 minutes
before start) The Hub, 723 Star
Lane, E16, Korean Martial Arts for
5yrs to adult, £5 per session—
family discount available
Call 07725 948 428 or email
acc_roach@holmail.co.uk

Hop, Skip and

Punch (18+ yrs)

Tues, 5-6pm, Katherine Road
Community Centre,
254 Katherine Road, E7
Call 020 6548 9455

Gurumura Taekwondo

Mon and Wed, children
8-7:30pm, juniors and adults
7:30-9:30pm, Monage Primary
School, Hilday Road, E12
Call 07931 709 740

JJI Karate

For children and teens (5+ yrs)
Mon, 5-6:30pm, Wed,
5-6:30pm, The Harley Centre,
287 Barking Road,
Call 07818 000 843.

Shoujin Karate

Wed (during term time only)
4-5:30pm

HEALTH AND FITNESS

Rootcamp

Boxercise Rootcamp
parent and child (7-12yrs)
session: Tues 6-7pm

child or free

Indoor/outdoor

Bromley Village Hall
65 Evelyn Road, E16
60 Day Boot Camp Challenge
Outdoor

Mon and Thurs, 7-15-Baro,
Tues and Thurs, 7pm

East Ham Central Park, High
Street, South, E6

Teens only Boot Camp

(13+ yrs)

Wed, 5-5:30pm

Thomas Barker Park,

Barnet Point, E16, Email

info@5starphysique.co.uk

or call 07904 625 402

Family Fit Club

Sat, 11am-12noon, West Ham
United Community Training
Facility, 806 Alabaster Close,
E6, Call 020 7473 7724

Rootcamp (men only)

Thursdays, 7-9:30pm, E5
Langdon School Sports
Centre, Suterer Road, E10
Call 07818 000 843

Zumba classes

Thurs 7-9:30, 8:30pm, St Nicholas
Church Hall, Gadding Road, E12,
£5 per class, Call 07720 805 505

Yoga Classes

Tues, 6-7:30pm and
Fri, 10-11:30am,
£5-50 (£3-50 concs)
The Hub, 723 Star Lane, E16
Wed, 6-6:45pm
The Unitarian Church,
West Ham Lane, E15
Call 07566 808 007 or visit
www.yogadonia.co.uk

Get 7 Yoga

Hatha yoga drop in classes
Tues, 7pm-£5
Forest Gate Methodist Church

Woodgrange Road, E7

Weds, 7pm, E7,
Timber Lodge, Queen Elizabeth
Olympic Park, E20
Thurs, 4pm, E5
Play, Grow and Grow, 8 Gay
Road, E15, Call 07560 944 005
or email gals@yogagroup.com

Twisted Pink Street Dance

Fri, 6-7pm, 7-8pm, E3
Fri, 7-15-8-15pm Zumba classes
£5 including children, St Luke's
Church, 86 Taring Road, E16
Call 07534 513 207, visit
www.twistedpink.org.uk or email
twistedpink26@aol.com

Zumba

Mon and Thurs, 6-8-7:30pm,
£5, Fleetwood Community
Centre, 63 Queens Road West
E13, Call 07918 327 543

Zumba with Anabel

(17+ yrs)

Mon, 7-8pm, £5 a session,
Moorage Lane Community
Centre, Goslar Close, E15
Wed, 7:30-8:30pm, Dockton
Community Centre, East Ham
Minor Way, E8, Call 07520 528 685

TENNIS

Sat, Under 9yrs 12noon-1:30pm,
Adults 15+ 12-1:30pm, free
Tennis courts, Canning Town
Recreation Ground, Priests
Regent Lane, E16 3AP
Call 07968 688 708
tvalentinasacademy@gmail.com
Thurs 8-10yrs 5-6pm, Adults
15+ 5-7pm, free
Tennis courts, Canning Park,
High Street South, E6
Call 020 3373 9000

50+ ACTIVITIES

Newham Striders

Free sociable walking group,
seven days a week
Call 0844 414 2720

Bowls club

For 18+ yrs, 10+ yrs welcome
with an adult
Sun Fri 12-30pm, West Ham
Lawn Bowling Club, Stratford
Park, West Ham Lane, E15, call
020 7503 4318
Weds, 2-5pm, Pleshet Park
Bowling Club, Pleshet Park,
Pleshet Grove, E8,
call 020 8471 3821
Weds, 3-6pm, Central Park
Bowling Club, Central Park,
High Street South, E6, call
020 8519 2126
Thurs, 2-3-5:30pm, Phoenix
Bowling Club, Royal Victoria
Gardens, Albert Road, E18
call 020 7511 6872

Qi Gong

Thurs, 4pm, for adults, £5 per
session, Doeklands Community
Centre, near ExCel, Meet at the
gates to Millennium Mill
Mill Road, E16
Call 07930 810 275 or email
jee@bighouseandkitchen.com

Beginners' Ballroom

Mon, 10am-12noon, St Paul's
Church Centre, Burgess Road
E6, £2-50 per session, Call
07781 200 463

Gemini Square Dance Club

Mon, 8-10:30pm, Chantals
Community Centre, Colgrove
Road, E15, Ideal for 50+ yrs
£4 per session including tea and



enquiries: Call 020 8529 1602 or email info@24hotmail.com

Needle Walking

Fri 8.30-9pm Free
Starting point from Galsom Leisure Centre
Sun, 10-11.30pm, free
Starting point is East Ham Leisure Centre

OPEN

Garden Club

Tuesday 1-3pm, Thurs 4-7pm,
Sat 10am-4pm, free
Abbey Gardens, Bakers Row
Sheffield S15

Gardening Thymes

Gardening Club

Fri, 11am-1pm free
Bowling Green, Central Park,
High Street South, E6

Bloomin' Natty!

summer programme
Every Fri until 30 Aug, 3-5pm,
arts, crafts and wildlife projects
Wildlife Garden, Beckton, E6
(leads by North Blackton
Primary). Call 07752 267 055

DOORSTEP CLUBS

Gym & Basketball Doorstep Sports Club (14+ yrs)

Tues 6-10pm, £1.50 Roseley
School, Gillingham, E16

Athletics & Multi Sport

Doorstep Sports Club (14+ yrs)
Tues, 5.30-6.30pm, free
Newham Leisure Centre

Kicks into Athletics (5+ yrs)

Football and athletics sessions
Sat 5-6 years 9am-11.12 years
10am-12.15 years 11am, £7

Stunt & Tumble (14+ yrs)

Thurs, 7.30-9pm, £5
Talent Cheer & Dance,
Gallions Reach

FEMALE SPORTS

Dance2Dance

Street dance classes for girls,
12-18yrs, Fri, 3.30-5.30pm
Newham Leisure Centre, Prince

Regent Lane, E13
Thurs 6.00-6.30pm 9000

Girls Spinning Sessions

Mon and Weds 4-4.30pm
11-18yrs Newham Leisure
Centre, Prince Regent Lane,
E13 Call 020 7511 4477

Female Only Gym Sessions

Tues and Thurs, 7.30-9pm
11-18yrs Weds 1.30-3pm
15-25yrs Newham Leisure
Centre, Prince Regent Lane, E13
Call 020 3373 9000

Female Boxfit Classes

(16+ yrs)

Mons 4-5.15pm Balaam
Leisure Centre, Balaam Street,
E13 Call 07970 783 526

Girls Football

Tues, 3.30-5.30pm 11-18yrs
Newham Leisure Centre,
Prince Regent Lane, E13

Female Multi-Sports

Fri 4-5.15pm Caxton, James
Hendall, Rounders, Football and
more, Little Ilford Youth Zone
Recreation, E12
Call 020 8508 5973 or email
Fathah.Khan@iccp.org

Shella's Yummy Mummy buggie (15+ yrs)

£5 per session
Mon, 10-11.30am
East Ham Leisure Park, E6
(mostly outside canteen in the park)
Fri, 10-11.20am, Plushet Park,
Pleasant Grove, E6
Call 07968 614 868 or email
spokane@bt.com

Janice's Fitness (15+ yrs)

Tues, 9.30-10.30am
Thurs 9.30-10.30am
Soca and Zumba fitness
sessions £5 per session
St George's and St Ethelbert
Church Hall (Burford Road, E6
Email info@kikadee.co.uk or
call 07818 000 843

Zumba, Soca and

Salsa Fusion

Mon, 6.45-7.45pm £5
The Harday Centre
267 Barking Road, E6
Call 07818 000 843

Aerobics

Thurs 7-8pm £5
Langdon School Sports
Centre, Sussar Road, E8

Senia's Circuits (16+ yrs)

Tues and Fri, 10-11am, £4,
Ridley Chessmen Centre,
84 Upton Lane, E7
Call 07783 220 106

Body Blast (16+ yrs)

Mon 7-8pm Weds, 12.30-
1.30pm and Thurs, 6-7pm
£5 per session, Talent Central
Unit 27a, 3 Armada Way,
Gallions Reach Shopping
Park, E6 Call 07966 612 610

Abs Blast

Thurs, 5.30-6.15pm 11-18yrs,
E3 Newham Leisure Centre,
Prince Regent Lane, E13

Women United APC (11+ yrs)

Mon (team line only), 6-7.15pm
Kingford School, E6 £1 per
session Call 07782 932 979

Just Play (16+ yrs)

Wed, 6.30-8pm multi-sport
session (team line only)
Newham Sixth Form College,
Prince Regent Lane, E13
Call 020 3373 9000

Get Back into Netball

Tues 6-7.30pm, juniors 7.30-
8pm seniors £2 per session
Under Community School,
St Mary's Road, E13
Call 07717 281 529

Women's Badminton

Fri, 1-2.30pm £2 Coaching
racquets and shuttles provided
by the Women's Badminton
Academy Call 07980 162505

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Family Swims for Disabled Children and Adults

Fri 4.30-5.30pm Newham
Clubs Swimming Club, Newham
Leisure Centre, E13. For more
details call 07921 788 733
Sun, 12.30-3pm, Family Swims
Balaam Leisure Centre, E13.

£3 Call 020 7476 5274

Swim for Families

dealing with Autism

Wed 4.30pm Balaam Leisure
Centre, E13 Call 020 7476 5274

Get fit for free

Tues 1.30-3.30pm and Fri,
10am-12noon Free gym
use for people with learning
disabilities Newham Leisure
Centre. To book an induction
call 020 7511 4477

BT Football Club

Third Sun of every month,
10am-12noon East Ham
Leisure Centre, E6

Disabled Athletics

Tues 4.15-6.15pm 11-18yrs
Brampton Manor, Roman
Road, E6
Thurs, 4.30-5.50pm,
St Angela's Ursuline School,
1 St George's Road, E7
Email enquiries@
englandathletics.org

Ability Club

Multipoints for disabled young
people (11-20yrs)
Wed 4.30pm Newham Sixth
Form College, Prince Regent
Lane, E13

Trampoline Sessions

Fri 5-7pm and Sat, 12noon
2pm, U12yrs, Newham Leisure
Centre, E13 Call 020 7511 4477

Mixed Swimming Sessions

for Adults and Children

Wed, 10am-12noon, East Ham
Leisure Centre, E6 £1.15 per





session. Call 020 8548 0830

Wheelchair Basketball 🏀
Wed 4-6pm 11-19
Holecity School, Barkin Road
E16. Call 07947 401 616

Sensory Play 🧸
For children under five with special needs, speech and language delay or physical disabilities. Term time only. Fri, 10-11.30am, Oliver Thomas Children's Centre, Mathews Avenue, E6. Email holcity@holcitythomas.newham.sch.uk or call 020 8821 0597

RUNNING

East End Road Runners

Tues and Thurs, 7pm
Sun 9am, meet on the track, coached sessions for all abilities
Newham Leisure Centre, Prince Regent Lane, E13
Call 07979 261 647

Run England sessions

All sessions are £2 unless indicated otherwise
Sun, 10am-12noon, Newham Leisure Centre, E13 (meet on the track)
Mon, 4-5.30pm, Newham Leisure Centre, E13 (meet on the track)
5.45-6.45pm, Newham Docklands, E16 (meet at reception)
Tues, 6-7pm, Newham Leisure Centre, E13 (meet on the track)
Wed, 12noon-1pm, Newham Docklands, E16 (meet at reception)
Thurs, free 5.15-6.15pm, UEL

Docklands Campus, E16
(meet at reception)
Sat, 10-11.30am, East Ham Canal Park, E8 (meet at the canal)
10-11.30am, Woodside Flats, E12 (meet at Harrow Road Changing Pavilion)
10-11.30am, Memorial Park, E15
E4 (meet at car park)
Call 07718 304 894

Beckton Park Run

Sat, Sun, free
Beckton Park South, E16
Call 07718 394 758
www.parkrun.org/beckton

SPORTS

London Youth Games

Mon, 4.30-5pm, U14s
Newham Leisure Centre, Prince Regent Lane, E13

BMX

Sun, 10am-12noon, 8-18yrs, £352 members/£10 annual membership
Gossey Playing Fields, St Albans Avenue, E6
Call 07861 333 615 or email paul.bell@lbcnewham.org.uk

Rounders (16-4yrs)

Wed, 6.30-8pm
Newham Leisure Centre, E13
Call 020 3373 9000 or email paul.bell@lbcnewham.org.uk

Crickets (8-16 yrs)

Wed, 5-7pm
West Ham Park, E7, email paul.bell@lbcnewham.org.uk

Swimming

Newham Young Brains ASC
Sat, 8-15.30pm, Learn to swim and improve your strokes
Children's session, £2, 5-15yrs, Newham Leisure Centre, Prince Regent Lane, E13
Call 07956 304 518

Woodsale

Badminton Club
Fri, 8-9.30pm, intermediate and club standard players welcome, £5 waged/£3 unwaged, Capenters Docklands Centre, 88 Gibbins Road, E15. Call 07958 791

676 / 07856 150 240

Newham Swords

(aged 4-7yrs)
Tues, 6-20.30pm
Thurs, 6-20.30pm
Fri, 7-40-10.20pm
UEL SportsDock, Docklands Campus, E16
Call 07956 616 898

Table Tennis

Thurs, 6.30-9pm, For beginner and intermediate adults
Stratford School, Upton Lane, E15 (Doris Road entrance)
For more info call 07976 577 716 or email germyham10@btinternet.com

Badminton

Thurs, 7-9pm (pm time only)
For all standards, £5 for a court and bring a racquet
Little Wood School, Bowring Road, E12. Email morgan_ph@btinternet.com or call 07944 117 257

CONTACT THE MAYOR

Walk-in surgeries

Thurs 5 Sept
10am, Registration, Stratford Local Service Centre, 112 The Grove, Stratford, E15

Tues 10 Sept

8.30am, Registration
The Place 2, Silverdown Way, London, E16 16A

Telephone surgeries

Wed 17 Sept
Call 020 3373 8444 between 9.30am and 10.30am and register your query and contact details. The Mayor will then ring you back at a later time

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Way, E8
Canning Town
Barking Road, E16
Custom House
Prince Regent Lane, E16
East Ham
High Street South, E8
Green Street
337-341 Green Street

The Gate 6-8 Woodgange Road, Forest Gate, E7

Manor Park
655-631 Romford Road, E12

North Woolwich

5 Pier Parade, E16
Plawston North School, E13
Stratford 3 The Grove, E15
Archives and Local Studies
(limited postal and email service only) call 020 3373 8881
email archives@localstudies3.newham.gov.uk
Community Outreach Services
To find out more call 020 3373 0819

All listings may be subject to change, please contact individual events and activities before attending

© Newham Council 2010. All rights reserved. No part of this publication may be reproduced without prior written permission.

Hundreds of services – one website. Visit www.newham.gov.uk

Call Newham Council on 020 8430 2000

Follow us on Twitter
@NewhamLondon

Find us on Facebook
www.facebook.com/NewhamCouncil

Apply for services and make payments quickly and easily online using My Newham. To register or log in visit my.newham.gov.uk

© Newham Council 2010. All rights reserved. No part of this publication may be reproduced without prior written permission.



THEATRE ROYAL STRATFORD EAST and
TEAM AMERICA present

ANGELIC TALES

NEW WRITING FESTIVAL

SEASON FOUR

TUE 3 - SAT 7 SEP 2013



Join us for season four of Angelic Tales, featuring
some of today's most outstanding new writers.

SUPER SKINNY DITCHES

(Tue 3, 8pm) by Oluwafemi Taye
Super Skinny Ditches tells the shocking story of a young British-Nigerian girl who is placed in a clinic for young people with eating disorders. After a short stint in a unit that is meant to provide her with the support that she urgently needs, she finds herself falling into a world of Pro-Ana, also known as competitive starvation.

MAGNETIC

(Wed 4, 8pm) by Eda Marwick
This is the story of the intense friendship and complex relationship between a cat, a black gay guy and his half, overpriced straight best friend.

BEYOND SHAME

(Thu 5, 8pm) by Rachel Gurnah
Beyond Shame is the painfully funny tale of a teenager who is left observing the unfolding events at his own funeral. Might this just be the reason for his suicide?

RELEASE

(Fri 6, 8pm) by Ferynna Burke
Three young men in prison seek ways to survive the intense psychological pressure of their upcoming release.

I HAVE NEVER

(Sat 7, 8pm) by Ben Kettner
What could be better? It's graduation night, but a group of sixth students find themselves brought with their own personal 'crises'. That is until they find themselves confronted by a terrifying reality check.

020 8534 0310

STRATFORD EAST

THEATRE ROYAL
STRATFORD EAST
SHERIFF SQUARE SQ. ST. 1000

...a people's theatre

12-18 years £10.00, 19-25 years £8.00, 26-35 years £6.00, 36-45 years £4.00, 46-55 years £2.00, 56-65 years £1.00, 66+ years £0.50



ARTS COUNCIL
ENGLAND



f @theatroyalstratford

t @theatroyalstratford

TICKETS

£8 / £5 (kids)

Book for 2
shows & get
the 3rd free!

Suitable for age 15+



Royal Victoria Dock, E16
Saturday 21 September
12noon-8pm

FREE family fun by the docks including:

- ★ Live Music Stage
- ★ Free pleasure boat rides and water-based activities
- ★ Full programme of children's activities and entertainment
- ★ Spectacular fireworks display over the water at 7.45pm

 www.newham.com/summer

 [@NewhamLondon](https://twitter.com/NewhamLondon)

 www.facebook.com/NewhamEvents

**Mayor of
Newham**